A Supplement to the Desert Airman

Friday, Jan. 28, 2005

Notes to Know

Volunteers needed

The Retiree Activities Office needs volunteers. Anyone with four free hours a week is encouraged to contact the RAO and indicate interests and talents for volunteer service. If the RAO doesn't have placements of interest, volunteers will be referred to other agencies such as family services, the medical clinic or the Veterans Administration, all of whom welcome willing volunteers. For more information, call the RAO at 228-5100 and leave a message, send an e-mail to retired@dm.af.mil or visit 5345 E. Madera Street.

Do we have your address

Mailing of the Retiree News Supplement resumed in October 2004 after a hiatus. The supplement is published in the Desert Airman the last Friday of January, April, July and October and is only mailed to retirees in Tucson, Oro Valley, Marana and Green Valley. To control postage costs, the Retiree Activities Office relies on retirees to inform us when they wish to be added to the roster, when they move or if they no longer wish to receive the supplement. Please inform the RAO at 228-5100 of any address changes so the roster can be kept current.

A & A Days 2005

Aerospace and Arizona Days on Davis-Monthan Air Force Base is scheduled for April 2 and 3. The Air Force Thunderbirds and A-10 West Coast Demonstration Team are scheduled to perform along with other aerial performers. Ground exhibits will also be a big part of the festivities. Mark your calendars and watch the Desert Airman for more details.

Edelweiss Lodge and Resort

The Edelweiss Lodge and Resort in Garmisch, Germany had its official grand opening in October 2004. The 330-room lodge features spacious guest rooms, three restaurants, a wellness club, a leisure-activities, daily tours, a recreation programs center and a full service conference facility.

To plan an Edelweiss Lodge and Resort vacation, contact the Vacation Planning Center in Germany at 08821-9440, in the United States at (011-49) 8821-9440 or visit their Web site at: http://www.edelweisslodgeandresort.com/.

VITA provides free tax assistance

Free income tax assistance, preparation and electronic filing are now available through April 15 from the base Volunteer Income Tax Assistance Office. While the service is for the entire D-M community, the first two weeks through Feb. 11 are reserved for active-duty members and their spouses only.

The VITA office is staffed by trained volunteers and is a joint activity of the Davis-Monthan Retiree Activities Office and the 355th Wing Staff Judge Advocate.

◆ A copy of last year's Federal and State tax return, Social Security card or record of Social Security numbers plus names and birth dates of taxpayer, spouse and dependents;

- ◆ Forms W-2, 1099-R and other statements of reportable income such as Form SSA-1099;
- ◆ all appropriate expense information (medical, home mortgage interest, real estate taxes, Ariz. vehicle registration fee, charitable contributions), child care expenses, information on rental property and investment sales;
- and applicable powers of attorney.

For direct deposit of refunds, a blank check or proof of bank routing number and account number is required. To use the electronic filing system

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Retirees warned: don't ignore painful feet

According to the Centers for Disease Control and Prevention, by age 75 about one in three men and one in two women do not engage in any physical activity. Regular physical activity greatly reduces a person's risk from dying of heart disease and decreases the risk of colon cancer, diabetes, and high blood pressure. It also helps control weight; contributes to healthy bones, muscles, and joints; helps alleviate the pain of arthritis; reduces symptoms of anxiety and depression and can decrease the need for hospitalizations, doctor visits and medications.

A major factor inhibiting an older person's ability to stay active can be painful feet, making it difficult to do something as simple as taking an after dinner stroll. One common foot problem for

seniors is crossover toe, in which the second toe gradually moves across the big toe. This condition makes it difficult to walk comfortably or pursue an active lifestyle. Individuals with hammertoes, bunions or a second toe that is longer than the big toe are more susceptible to developing crossover toe as they age. The first symptom of crossover toe is pain in the ball of the foot caused by a tear in the underlying joint capsule or plantar plate. Following this the patient may notice a gradual shift in the toe upwards and over the big toe. This can cause significant problems with shoe fit. Given the enormous health risks related to inactivity, it is advisable to seek podiatric medical attention at the early stages, before it becomes a deformity. (Courtesy of Pima Council on Aging.)

Families have options for college money

It is time to look for college scholarship money for the fall 2005 school year. Some scholarships are available only to children of active-duty, retired and deceased military members.

The Military Officers Association of America has scholarships for which children of all ranks can apply. Applicants must be under 24 years and working toward their first undergraduate degree. Applications must be postmarked by March 1 for consideration for the 2005 to 2006 school term. Applications and further information can be found on MOAA's Web site at www.moaa.org or by calling 1-800-234-6622.

The Air Force Aid Society awards \$1,500 grants to Air Force family members. Applications are available at the family support center, Building 3210. For more information, call 228-5690 or 228-3891.

The Air Force Services Club Membership Scholarship Program provides deserving club family members an opportunity to compete for \$10,000 in cash scholarships. Current members of Air Force officers and enlisted clubs are eligible to apply and compete for \$5,000, \$3,000 and \$2,000 awards paid to the top three nominees. Application instructions can be picked up at the clubs.

The commissary and the Fisher House Foundation sponsor the Scholarships for Military Children Program. Applications are available at the Davis-Monthan Air Force Base Commissary or can be found at www.commissaries.com.

The Officers' Spouses Club and the Enlisted Spouses Association and the local chapter of the MOAA also sponsor scholarships every year. High School counseling offices have more information.

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Volunteers help D-M in 2004

During 2004, 140 individuals from the D-M community, including retirees and family members, volunteered their time to the base. The efforts of the following individuals, who worked anywhere from a few to hundreds of hours, are greatly appreciated. The work was done at the Retiree Activities Office information desk, the visitor's center, the newsletter, retiree orientation, on the RAO executive board, in the legal office, at the library, in the pharmacies and at other sections of the medical clinic. If anyone was omitted, call the RAO at 228-5100. (Editor's note: 2003 tax year VITA volunteers were recognized in the April 2004 newsletter.)

Michael Albom Arnalda Alwood Hyla Arnold Marilyn Ashby Skip Barkley William Bass Miki Baxley Michael Bevz Francesca

Bissonnette Bryan Blair Grace Block Geri Bodycombe Hans Boensel Marylin Bol Charlie Bollenberg Barbara Boyer James Britt Everett Brown

Helen Brown-Chavez Jay Burton Jules Busker Don Campbell

Martha Brown

Katherine Clark Keith Connolly Sheree Cotton Janet Cox Margaret Croteau Marlene Cullen Robert De Quintal Shirley Degan

Georgiana Douglass Barbara Douthitt John Dunning

Armen Dermen

Bill Elliot Mary Estrada Jose Estrada Richard Forsythe Abraham Fried Kenneth Gareau Rita Gengler Melville Gibson Frank Ginsbach Richard Grabowski

Maria Guerra

John Gulden

Bernie Hautala Kelly Hegarty Patricia Hemersbach Bernie Henrie Victoria

Augustine Gustilo

Hernandez
Jasmina Herring
Liz Hesselbacher
Patricia Hetzel
Rita Hoemke
Ruby Hooper
Elizabeth Hudson
Dale Hurst
William Hussman
Helen Hutnik
Rosemary Ifflander
Betty Johnson
Michelle

Klayhauer Clayton Klomp Edward Kuhn Paul Kuras Nicole Lane Joyce Lebda Bill Love John MacInnes Gail MacDonald Marian

MacPherson June Mahl Ted Marks Dina Marshal Ron Mauter Pat May Lauren Mayes Roger McCreight Frank McKenna Marvel McSwain Ted Merry Annie Morris Joy Newman **Bob Nottoli** Elmer Oliver Libby O'Leary Teresa Pachecho Janet Pelland Joseph Pelland

Pauline Pennock

Juan Perez-Ortiz Carl Petersen Sylvia Phaneuf Shirley Phillips Zenaida Pierce Bob Pike Tom Proietti Alfred Quarto Manuel Ramos Blaine Randt George Reed Peggy Reed Rudolph

Blaine Randt
George Reed
Peggy Reed
Rudolph
Ricciardi
Dennis Richards
Marlene Rosin
Anna Rueby
Carolee Ryan
Dave Ryan
Margaret Saito
Sara Saunders
Lee Sawicki
Don Seedle
Suzanne Shafe
Patricia Shecter

Sandra Sherman Marie Smith Olive Smith Robert Speer Robert Squire Sybille Stanford Joseph Steiner Delma Jean Stevens

Myles Stewart Les Stotler **Betty Stroud** Leone Sweedo Joe Tannarome Ray Teran Ilse Thomas Gisella Urwin Bill Vanderpool Don Vivian Erna Williams Henry Woehr Laura Young-Kartheiser Rhegan Zavala Fred Zimmermann

Davis-Monthan receives update on current construction projects

Davis-Monthan Air Force Base has been undergoing several construction projects to improve the installation. The following is an update on several of those projects. Individuals are asked to remain patient during these projects as they effect the entire base community.

Commissary construction is complete. A reorganization of product location occurred this week. The Grand Reopening is scheduled for March 10. The Base Exchange is scheduled for completion sometime in March. Eventually the Satellite Pharmacy will be relocated in the Base Exchange. The Fam Camp is currently adding 40 more slots. The Swan Road Gate will be closed for about three months to construct a new gate similar to the Craycroft Road Gate.

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Preparedness talks for seniors

The Southern Arizona Chapter of the American Red Cross has people prepared to present topics of interest to older people. Possible topics include:

- ◆ Identify types of disasters that can occur in your neighborhood.
- ◆ Learn the essential elements of disaster preparedness for seniors and people with special needs.
 - ◆ Learn why a Personal Support Network is critical.
- ◆ Learn how to create a "senior-oriented" Emergency Supplies Kit.
- ◆ Learn how to convert your home or apartment into a shelter.

Elissa Maish, Director of Community Outreach services, says the presentations can be tailored to fit the time, location and group addressed. Those who have a group that might benefit from an emergency preparedness talk, can contact Ms. Maish at 318-6863 or emaish@tucson-redcross.

VA appointments change

In the past, next appointments were usually scheduled prior to leaving a clinic. A new program entitled Advanced Clinic Access has been implemented nationwide to reduce wait times and improve veteran's access to quality care. The ultimate goal is for every patient to be able to obtain medical service when needed, at a time and setting that is clinically appropriate and convenient to the patient. Providers will have appointments available on a daily basis to meet acute needs. If a new medical problem occurs before a routine visit, call (520) 792-1450, option #7 for, most likely, an appointment that day or the next. When it is time for a routine appointment, call (520) 792-1450, option #4 for an appointment that is convenient for the patient's schedule. Option #4 is also used for follow-up with a provider after discharge from the hospital. It is hoped that patients will call in when they need to be seen so the number of missed appointments will be reduced.

SMW invites widows of all services to join

The Society of Military Widows meets at noon on the third Saturday of each month for lunch and general meeting at The Desert Oasis Enlisted Club (while the Mirage is being renovated). Widows of all services whose spouses died on active duty or in retirement are invited to join the society.

Call Luise Bell at 663-0279 for reservations one week before the meeting. The cost for lunch is \$13. Widows who are members of the two clubs receive discounts on lunch. Ladies not wanting lunch may join the group after lunch for the meeting and program.

Members also meet the second Tuesday each month for a birthday luncheon at the Desert Oasis. Members with birthdays in the current month are especially encouraged to come for this social event.

For more information regarding SMW and its activities, call Suzanne Shafe at 579-0789.

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for a joint return, both spouses must be present to sign the IRS declaration form.

Taxpayers may get direct deposit refunds by filing their 2004 returns either electronically or using paper forms. The electronic filing system normally permits direct deposit to a taxpayer's bank account within two weeks. Direct deposit on mailed returns usually takes longer. The electronic filing system also allows those that owe the government money who file in February or March to wait until, but no later than, April 15 to pay.

The VITA office has a limited supply of federal and Arizona tax forms and instructions. Individuals requiring forms from any other state should contact that state to get the appropriate forms. Most federal and state forms are now available on the Internet.

IRS forms and publications may also be ordered from the IRS by calling 1-800-TAX-FORMS.

VITA is located at 5345 E. Madera Street in Room 109. Office hours are 9 a.m. to 3 p.m. Monday through Friday. Retirees can start making appointments the week of Feb. 7 by calling 228-3489.

